



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

March 2017

A Letter from Mayor Dave Wood



I have written extensively about our commitment to quality of life projects, specifically park improvements in the Princess City. We have undertaken many notable park improvements recently, including the recent Indiana Project of the Year award winner, Central Park. We have recently completed renovations to the Battell Community Center and built Camp LaSalle. All have been received well but we won't stop there. We have several exciting park projects in the works that I will share with you in the coming months.

Our parks are more popular than ever before and we take great pride in them.

In fact, as I write this letter in the middle of February, who would have imagined that our ice rink would be closed, our golf course would be open and thousands would be out on the Riverwalk enjoying the beautiful, unseasonably warm weather. It is our goal that our citizens can take for granted the safety of our parks. As we invest in our parks, we are developing new ways to protect our investment and make sure that our park patrons are safe. We have installed surveillance cameras and emergency call boxes, added a park police beat and purchased special off road vehicles for our police officers to patrol the parks with. But there is one program that has played a key role in making our parks safer and I'd like to take this opportunity to talk about some special people that we all owe a debt of gratitude to, the dedicated volunteers of the Citizens Alliance with Police (C.A.P.).

The C.A.P. program was initiated by the Mishawaka Police Department in 2008 to help us promote safety and to protect our investment so that we, and future generations, will have quality places to enjoy. The community-based C.A.P. program was started as a partnership between the Mishawaka Police and Parks Departments along with members of the



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UPCOMING EVENTS!

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| March | Disc Golf opens (George Wilson Park) |
| Mar 10 | Family Fun Night / Movie "Minions" (Battell Center) |
| Mar 29 | Brunch/Classic Movie "20,000 Leagues Under the Sea" (Battell Center) |
| Apr 9 | Easter Egg Hunt (Kamm Island Park) |
| Apr 15 | Trash Bash (George Wilson Park) |
| Apr 24 | Urban Forestry Seminar (Battell Center) |
| Apr 26 | Brunch/Classic Movie "Parent Trap" (Battell Center) |
| Apr 28 | Parents' Night Out "Spring Fever" (Battell Center) |
| May 19 -21 | Community Variety Show (Battell Center) |

STATE OF THE CITY

Mayor Dave Wood's annual State of the City address will be given March 13, 2017 at 7:00pm in the new Battell Center auditorium.

A reception will be held in the lobby beginning at 6pm.

Volunteer Income Tax Assistance

IRS-certified VITA tax preparers will prepare and e-file your taxes for FREE! **CALL 2-1-1 to schedule your appointment** or schedule online at

www.uwsjc.org/vita.html

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Maintain A Healthy Weight: Know Proper Portion Sizes

Health Information from Saint Joseph Health System

Maintaining a healthy weight can be challenging, especially as portion sizes have gotten larger and larger. But you can control how much you eat with a few simple tips.

One key to a healthy weight is eating the right number of calories. By controlling portion sizes, you can control calories. You don't need to pull out measuring cups every time you eat, but there are some simple ways to know that you're getting the right portion sizes.

For example, one serving of:

- Meat or poultry = your palm or a deck of cards
- Fish = a checkbook
- Cheese = six dice
- Cooked rice, pasta or snacks (chips or pretzels) = rounded handful or tennis ball
- Chopped raw fruits or vegetables = woman's fist or a baseball
- Whole fruit = small apple/large orange/large banana
- Dried fruit or nuts = small handful or a golf ball

A Letter from Mayor Dave Wood *(continued)*

general public. If you have visited the Riverwalk in recent years, you have undoubtedly seen the friendly folks in fluorescent yellow shirts driving around in red golf carts.

Here's how the program works: the Mishawaka Police Department seeks volunteers in late winter. Once weather permits, teams of two volunteers patrol the Riverwalk and the adjacent parks. The primary function of the C.A.P. volunteers is to act as the eyes and ears of the Mishawaka Police and Parks Department. We equip them with a golf cart, a radio and a uniform (shirt). The volunteers' primary function is to serve as ambassadors for the City of Mishawaka to greet park patrons and assist them in any way they can. While on duty, they actively patrol and report any potential criminal activity to the 9-1-1 communications center so police officers may be dispatched to take care of the problem. They handle all matters in a friendly and diplomatic fashion. Many of our volunteers are senior citizens and find this a rewarding way to give back to their city.

C.A.P. volunteers have reduced the amount of vandalism and crime in our downtown, city parks and Riverwalk simply by their presence. They are always eager to lend a helping hand to anyone in need of assistance, say hi to kids or pass out a dog treat to our furry patrons while visiting our parks. The teams patrol the parks seven days a week in the evenings, typically 5-9 pm as well as some afternoons. The commitment given by the volunteers is generally twice a month, one four-hour shift every other week. Only a small amount of training is needed. The effectiveness of the program is achieved by the responsiveness of the volunteers to fulfill their commitment to their assigned time slots. I could not be more proud of this unique program and especially the volunteers that give back to their city. Mishawaka is a better, safer place because of their selfless service with a hometown touch.



The program begins its 10th year of operation in 2017. The Mishawaka Police Department is seeking volunteers for the current year's season. The spring organizational meeting will be held March 23rd at 6:00 pm at the Mishawaka Police Department, and anyone interested in donating their time to this project is encouraged to come to this meeting. Refreshments will be served! I would like to give special thanks to Assistant Chief of the Detective Bureau, Dan Gebo, Captain Robert Reppert, Sergeant Mark Flemming and Detective Bureau Executive Secretary, Paulette Steinke who organize, support and direct the C.A.P. volunteers in their duties. Without their guidance and leadership, this program would not be able to continue and succeed as it has for the past ten years.

Mayor Dave Wood

Maintain A Healthy Weight... *(continued)*

Other tips include portioning out snacks such as chips and pretzels before eating rather than eating directly from the bag. You can also buy single-serving portions. When eating out, order a small instead of a medium or large, order the "lunch size" of an entree or order appetizers rather than entrees. You can also split an entree with a friend, or put one half in a to-go box before eating.

To get enough portions of the right types of food at meals, fill half your plate with green vegetables and divide the other half between lean protein and whole grains. You should eat five or more servings of fruits and vegetables each day to help reduce your risk of cancer, cardiovascular disease, high blood pressure, stroke, diabetes and other diseases.

If you have questions about your diet, speak with your primary care provider.

ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>

GOVERNMENT IN ACTION

Summer of Service Program

The City of Mishawaka's Redevelopment Department is now accepting applications from homeowners to participate in their Summer of Service Program. The program is a collaborative effort between area churches and the City of Mishawaka with the goal of making a significant impact on our community through kindness and outreach activities. These activities may include painting, landscaping and minimal repairs.

To be considered for the program, residents must apply and meet household income limits as established by HUD (the U.S. Department of Housing and Urban Development) as well as meet Redevelopment Department program guidelines. The current household income limit for a household of four is \$45,700. Qualified elderly and disabled applicants will be given priority.

To complete an application for consideration, please contact Marilyn Nelums-Jones, Program Coordinator at (574) 258-1609.

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov